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the **Aurora**

14 WING • ESCADRE 14 GREENWOOD, NS

Vol. 34 No. 43 NOVEMBER 11, 2013 NO CHARGE www.auroranewspaper.com

Quilts wrap vets in care, colour and thanks

Sara Keddy,
Managing editor

Every stitch, every colour and every fabric pattern is placed with special care in these quilts.

October 29, 14 Wing Greenwood representatives had the honour of delivering two dozen handmade blankets to residents of Soldiers' Memorial Hospital's veterans' unit. The Quilts of Valour program has presented 4,200-plus quilts to veterans across the country since 2006.

"This is a hug, a thanks,

and they've brought a lot of feeling to veterans - to know someone is thinking of them," says Brenda Hulan, the Nova Scotia coordinator of Quilts of Valour.

Hulan, who left the Air Force from 14 Wing Greenwood after 19 years, knows the value of support.

"I'm a veteran, I have an invisible injury and I have a lot of friends with invisible injuries," she told the 14 Wing guests, including Commander Colonel Iain Huddleston.

Continued on page 2...



Veteran Harry Bent and 14 Wing Greenwood Private Maurika Ethier-Thibodeau with the red-and-white of his new Quilt of Valour.
Corporal J.Reynolds, 14 Wing Imaging

Activités prévues pour la Journée des sports au Canada

ParticipACTION a désigné le 30 novembre Journée des sports au Canada. Plus d'un million de Canadiens participeront à toutes sortes d'activités durant la semaine qui se terminera par l'émission de CBC-SRC de la Journée des sports au Canada.

Le sport est depuis longtemps ancré au sein des Forces armées canadiennes. Il fait partie intégrante de l'entraînement et du perfectionnement permanents des militaires (leadership, esprit de corps, conditionnement physique et esprit guerrier).

Les bases militaires de partout au Canada organiseront des activités à l'occasion de la Journée des sports au Canada; le 29 novembre sera la journée des sports militaires et le 30 celle des activités de sports et de loisirs communautaires. À la 14e Escadre, nous

comptons sur la participation du plus grand nombre de membres des FAC. La chaîne de commandement encourage tous les militaires à assister ou à participer aux activités du 29 novembre, qui sera aussi la « journée du maillot ». Portez le maillot de votre équipe pré-

férée pour participer aux tournois de volleyball, de curling et de quilles organisés pour toute l'Escadre, au Centre de sports et de conditionnement physique de la 14e Escadre. La Journée des sports deviendra sans doute annuelle, alors n'hésitez pas à parler

autour de vous, dans votre section ou votre escadron, de cette manifestation qui promet d'être des plus agréables. Pour tout renseignement, appeler le coordonnateur des sports de la 14e Escadre, Graham White, au 765-1494, poste 5753.

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Quilts for veterans...

...cover

"A lot of people get out of the military and they go back to small communities where no one knows their experiences, there's no contact with the military – and no one thanks them."

Hulan, who has since worked eight seasonal years as a heavy equipment operator at 14 Wing, has made 30 quilts for the program.

"My goal a few years ago was to make a quilt a month. I didn't quite do it, but I had and have a lot of friends out there sending me pieces to finish, and they are working on blocks as well. In Nova Scotia, we have more need than quilters."

Huddleston recognized the work that has obviously and beautifully gone into the number of blankets Quilts of Valour has presented over the years.

"We're just the deliverers here today," he said.

He and a dozen base volunteers then spent a couple of hours with veterans, presenting each with a personalized quilt and chatting.



Alexis Hannah, recreation coordinator for Soldiers Memorial Veterans' Unit, left; was happy to receive a display Quilt of Valour, presented October 29 by 14 Wing Greenwood Commander Colonel Iain Huddleston, Wing Chief Warrant Officer Pierrot Jetté and Brenda Halan, the provincial Quilts of Valour representative. The Quilts of Valour program represents the volunteer work of hundreds of quilters across Canada who create and donate their handmade quilts to serving and retired veterans of Canada.

Corporal J.Reynolds, 14 Wing Imaging



Myrtle Coffill, 104 and a veteran of Canada's merchant marine, is presented with a Quilt of Valour by 14 Wing Greenwood Corporal Laura Way (left).



Emery Pothier is presented with a Quilt of Valour by 14 Wing Greenwood Commander Colonel Iain Huddleston after serving many years in the Canadian Armed Forces.

Sports Day in Canada events coming up

ParticipACTION has declared November 30 a Canada-wide Sports Day, and over a million Canadians will be participating in a variety of activities during the week leading up to the Sports Day in Canada CBC broadcast.

The Canadian Armed Forces has a rich sports history, an integral part of the continuing training and development of its members (in leadership, esprit du corps, physical fitness and warrior spirit). Bases across Canada will coordinate Sports Day in Canada activities November 29 for military sports and November 30 for community recreation sports.

Maximum participation of CAF personnel here at 14 Wing is expected, and the chain of command is encouraging attendance or participation from all in November 29, which will include a "jersey day." Wear your favourite sports team's as you take part in wing-wide volleyball, curling and bowling tournaments at the 14 Wing Fitness & Sports Centre.

This is expected to become an annual event, so start building the buzz around your section or squadron for what should be a very enjoyable day. For information, call 14 Wing sports coordinator Graham White, 765-1494 local 5753.



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Useful links | Liens utiles

Canadian Air Force website
Site Web de l'Aviation royale canadienne
www.airforce.forces.gc.ca

Community Gateway Site
Site du portail communautaire des Forces canadiennes
www.cfcommunitygateway.com

14 Wing Greenwood Site
Site de la 14^e Escadre Greenwood
www.airforce.forces.gc.ca/14w-14e

Personnel Family Support Services
Services de soutien au personnel et aux familles des Forces canadiennes
www.cfmws.com

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www.forces.gc.ca

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www.combatcamera.forces.gc.ca

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www.forces.ca

Military Family Resource Centre
Centre des ressources pour les familles des militaires
www.familyforce.ca

VPI | VPI
www.vpiinternational.ca



Chief Warrant Officer Jerome Rossignol, 413 (Transport and Rescue) Squadron marked a pre-Remembrance Day service with Dwight Ross students, including Andrew Pitre and Kyla Westcott, as their special assembly guest.

S.Keddy

Students share symbols, story of remembrance

Sara Keddy,
Managing editor

As Chief Warrant Officer Jerome Rossignol quizzed kids, he quickly realized he was giving away the answer

by standing right in front of them.

"What colour is a poppy?" he asked Dwight Ross students at their November 6 Remembrance Day assembly, quickly placing his hand over

his own pinned poppy.

The kids immediately re-

acted: every one of them was wearing their own felt poppy, symbolic sticker or had made the posters and decorations around the school gym for the annual event.

Rossignol, with 14 Wing Greenwood's 413 (Transport and Rescue) Squadron, was one of many base personnel paying similar visits last week to schools, nursing homes, service organizations and other groups preparing for November 11. He spoke about Flanders, the field in Belgium where, during the First World War, a Canadian doctor and soldier wrote about a red flower – but so much more.

"He talks about the poppy, but he's talking about something else, a symbol to remember the ones who fought for us, who died for us and who keep us safe in Canada," Rossignol said.

"Please remember. Girls and boys, you and I are really, really fortunate. We live in the best country in the world, we're safe and it's because of people like the Canadians more recently carrying the torch in Afghanistan."

Students agreed, with the choir presenting their song, "I Love My Country;" others laying a wreath at the marker set by guests from the Kingston Royal Canadian Legion and special guards ac-



Kingston Royal Canadian Legion colour party members and Dwight Ross student guards march on the colours at the school's November 6 Remembrance Day assembly.

companying the Legionnaires uniform, as serving Canadian as they marched the colours Armed Forces members at 14 on and off. Parents – many in Wing – were in the audience.

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APPLICATIONS FOR GRANTS TO ORGANIZATIONS

Section 65 of the *Municipal Government Act* (MGA) empowers Municipalities to make grants to certain types of organizations.

The Municipality of the County of Kings may issue grants to organizations which qualify under the MGA s.65(a) and which provide services that complement or enhance existing services of the Municipality.

The application deadline for organizations to submit their requests is November 30th.

For a copy of the policy or further information on the application process, please contact the undersigned.

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Passing on skills, experience builds resiliency

Sara Keddy,
Managing editor

Chief Warrant Officer Patrick Young has a request for Royal Canadian Air Force men and women, young and old: "support me."

Young made an official visit to 14 Wing Greenwood earlier in October with his boss, Royal Canadian Air Force Commander Lieutenant-General Yvan Blondin, and spent time checking in with unit lines. He was back again October 30 for a more social event, as the host for a warrants' and sergeants' mess dinner. Both times, he told those he met at all levels, "I'm accessible."

"I want to know how they're doing, their concerns. Here, in Greenwood, the wing is great and healthy," Young said October 30. "I wanted to be here to speak to members about my plans for the next three years."

He's aware of the growing pressure to "do more with less," and keep up with the pace of daily work and operations, particularly if sec-



Master Warrant Officer Ian Wallace (left) presents Royal Canadian Air Force Chief Warrant Officer Patrick Young a framed crest of the Greenwood Warrant Officers' and Sergeants' Mess at its 2013 mess dinner.

tions are missing personnel away on duties of their own, but he sees this time as an "opportunity to look at how we do our work." He was impressed at 14 Wing to see Wing Telecommunications and Information Services transform an old hangar into

its own useable – and efficient – office space.

"That's self-sufficiency, and a making it happen attitude," Young said.

A few things support that can-do attitude: an older demographic entering the Canadian Armed Forces with per-

haps many years of relatable civilian experience – and, even more valuable: life skills; and younger members with drive.

Mentoring the development of that resource of experience, professional training, ambition and creativity is what chief warrant officers across

the forces have been looking at for the past two years in a formalized "mentorship" program. The retiring ranks will leave in larger numbers in just the next few years, and younger ranks without time in roles or deep experience will be called upon to step up.

"We're getting testimony from people who have gone through some of the mentoring, and who have acted as mentors, and we're talking about the difference between coaching and mentoring, levels where it's appropriate and succession planning," Young says of the developing phase two of the program. "Those leaving have to give back and set our younger people up for success."

"Back to basics" is also occupying Young's mind: when it comes to military dress and standards, history and tradition in a number of resources needs to be collected and passed down. An RCAF postings brief will be developed, with standard areas of information on what posting members can expect of each new community's role and responsibilities, available services and more. And, communications remains a challenge: "opening the lines means our people have access to peer support, camaraderie and information – and that builds resiliency."

Corporal D. Kirkwood, 14 Wing Imaging

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AETE, MP&EU test Auroras at Cold Lake

Captain Sandra Bourne,
Wing public affairs officer

Members of 14 Wing Greenwood's Maritime Proving and Evaluation Unit visited the Aerospace Engineering Test Establishment in October to evaluate the capabilities of their upgraded Block III CP140 Auroras.

Their work will go toward developing a training program for all current and future Aurora crew members operating the Block III aircraft, and the visit

enabled them to take advantage of the simulated threats and vast space within the Cold Lake Air Weapons Range.

The visiting members were Major Al Harvey, Corporal John Provost, Master Corporal Ken Moore, Master Corporal Mike Kelly, Master Corporal Dave Murray, Master Warrant Officer Dave MacCleod, Captain Lara Jennings, Major Angie Thomas, Captain Sly Jacob, Warrant Officer Pat Henry, Captain Rolf Hippman and Sergeant Kevin Hape.



The Aurora team from MP&EU, 14 Wing Greenwood while visiting the Aerospace Engineering Test Establishment in Cold Lake.
Second Lieutenant M.Strong

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Add up energy savings at home

**Sara Keddy,
Managing editor**

It all adds up – and adds to your power bill costs. Why not try for some savings?

Efficiency Nova Scotia is bringing its residential energy efficiency installation service to 14 Wing Greenwood's 579 Residential Housing Units' community in the next month, and will extend the service into the wider community while contractors are here.

"It won't cost you to have it done," says Efficiency Nova Scotia program manager Liam Cook. "In fact, you've already paid for it –

there's a line item on every Nova Scotian's power bill for energy efficiency, so you may as well get your money's worth."

Efficiency Nova Scotia contractors could leave between \$180 and \$250 worth of n-charge, energy efficient equipment in your home in just a 15 minute visit. Cook says homes' lighting will be replaced with CFLs, showerheads and water faucets will be swapped out with low-flow and aerated models (a 30 to 50 per cent saving on overall water flow and hot water usage) and insulate hot water tanks, which reduces the number of times the tank turns on to heat its contents.

"There is no limit to light bulbs or faucets, as long as we can replace them and take the old ones with us," Cook says (there is a 30-day "guarantee" on your used showerhead, in case you decide you prefer the old one and would like it back).

Savings after the switch out depend on continued household demand, and the number of residents, but every saving is a step in the right direction.

Efficiency Nova Scotia was in Greenwood with a similar program for businesses, and did vacant RHUs, two years ago.

"This is a win-win situation for

the occupant," says Canadian Forces Housing Agency staffer Wayne Elliott of RHU families interested in the program. "There can be considerable energy savings, and that's what people are thinking about; but it's also nice to think it's about the environment."

RHU participation also ensures 14 Wing Greenwood is doing its part in 1 Canadian Air Division's national energy- and emissions-reduction initiative.

"14 Wing is on board – we're probably one of the bigger power consumers in the Valley, and we want to encourage any green programs that are getting underway."

Il y a de multiples façons de réduire votre consommation d'énergie

**Sara Keddy,
Rédactrice en chef**

La consommation d'énergie des systèmes et appareils électriques s'accumule et elle fait monter les factures d'électricité. Pourquoi ne pas faire des économies?

Le mois prochain, Efficiency Nova Scotia offrira un service d'installation de produits d'efficacité énergétique résidentielle dans les 579 unités de logement résidentiel de la 14e Escadre Greenwood de même que dans la collectivité pendant que les entrepreneurs sont sur place.

« Ce service est offert gratuitement, fait savoir le gestionnaire de programmes d'Efficiency Nova Scotia, Liam Cook. Comme vous avez déjà payé pour le service étant donné qu'il existe un poste pour l'efficacité énergétique sur la facture d'électricité de tous les Néo-

Écossais, aussi bien en profiter. »

Les entrepreneurs d'Efficiency Nova Scotia pourraient vous installer, sans frais, de l'équipement d'efficacité énergétique d'une valeur de 180 \$ à 250 \$ lors de leur visite d'une quinzaine de minutes. M. Cook indique que les entrepreneurs remplaceront les ampoules actuelles par des ampoules fluorescentes compactes et les pommes de douche et les entrées de robinet par des modèles aérés et à faible débit (ce qui réduira de 30 à 50 % le débit d'eau global et la consommation d'eau chaude). De plus, ils installeront une enveloppe d'isolation sur le réservoir d'eau, ce qui réduira le nombre de fois que le réservoir démarre pour réchauffer l'eau.

« Il n'y a aucune limite quant au nombre d'ampoules et d'entrées de robinet que nous pouvons rem-

placer, pourvu que nous puissions récupérer les anciennes, de dire M. Cook. (Vous aurez une "garantie" de 30 jours sur votre ancienne pomme de douche au cas où vous la préférerez à la nouvelle et vouliez la ravoïr.)

Les économies que vous réaliserez après ces améliorations dépendront de la consommation continue de votre ménage et du nombre d'occupants, mais toutes les mesures d'efficacité énergétique que vous prenez vous mettent sur la bonne voie pour réaliser des économies d'énergie.

Il y a deux ans, Efficiency Nova Scotia a offert un programme semblable aux commerces de Greenwood et a pris des mesures d'efficacité énergétique dans les unités de logement résidentiel vacantes.

« Tous les occupants y gagnent,

fait remarquer Wayne Elliott, un employé de l'Agence du logement des Forces canadiennes, faisant allusion aux résidents des unités de logement résidentiel qui s'intéressent au programme. Ils peuvent réaliser d'importantes économies d'énergie, le principal facteur qui les incite à participer au programme, mais il est aussi important de songer à la protection de l'environnement. »

En participant au programme, les occupants des unités de logement résidentiel contribuent aussi au succès de l'initiative nationale de réduction de la consommation d'énergie et des émissions de la 1re Division aérienne du Canada.

« Étant donné que la 14e Escadre est probablement l'un des plus grands consommateurs d'énergie de la Vallée, nous voulons encourager d'autres programmes écologiques qui sont lancés. »

Conservation call

A complete swap of your light bulbs for CFLs, insulation of your hot water tank and installation of low-flow showerheads and faucet ends could take as few as 15 minutes – and save you between \$100 and \$120 a year in power costs!

To make a residential appointment through Efficiency Nova Scotia for an energy efficiency visit and installation, contact the numbers below before November 30.

- In the 14 Wing Greenwood Residential Housing Units community: 1(902)698-0061
- Anywhere in Nova Scotia: 1-888-281-0004

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Youth Happenings

Lindsay McCormack, Recreation Youth Worker

Youth – here's what's on the go at the 14 Wing Greenwood Community Centre.

Teen Council meeting

Nov. 12, 5 p.m. to 6 p.m.
 We will be discussing upcoming events/activities and exciting new stuff for 2014!

Boys Club & Active Chicks

Nov. 13, 6 p.m. to 7:30 p.m.
 Tonight we will be making Cinnamon buns from scratch. Please make sure to pre-register. Cost is \$2.

Teen Activity

Nov. 14, 6 p.m. to 7:30 p.m.

Come have dessert at the centre tonight! Please remember to pre-register. Cost is \$3.

Pizza & games

Nov. 15

Pre-teen 6 p.m. to 8 p.m.
 Teen 8 p.m. to 10 p.m. \$3
 Enjoy some pizza and games with friends. Please pre-register for this activity.

Family Trip: Dartmouth Crossing

Nov. 16, 10 a.m. to 10 p.m.
 If you haven't already, please remember to drop by the centre and register for the trip to Dartmouth Crossing. Come take advantage of tax free savings, sales, holiday activities and much more.

Base over 35 hockey underway

The 14 Wing Old Bombers are getting ready for another run at winning the Atlantic Regional hockey championship.

Practice times are Mondays from 9:15 p.m. to 10:30 p.m. and Thursdays from

11:30 a.m. to 12:45 p.m. at the Greenwood Gardens. For information, please contact Sergeant Mike Pastuck at 765-1494 local 5200 or Sergeant Brian Milligan at 765-1494 local 6073.



MISSING

Bella, 12 year old calico, house cat missing from Fales River Subdivision, Greenwood since Oct 10. She may be scared due to the circumstances of being outdoors. Her family would like to have her home again. If you see her please call 765-6317.



Poppy support

Millie and Gerry Clow of Kingston's Branch 098 man the Royal Canadian Legion Poppy table at the NSLC site in Kingston during the annual Poppy Campaign. Edith Thompson stopped by to pick up her symbol of remembrance.

Submitted

Vitamin C and Lysine Powder Help Prevent Heart Attacks

W. Gifford-Jones, MD

Why is heart attack the number one killer in this country? Ninety-nine percent of doctors say it's due to atherosclerosis (hardening of arteries) and that cholesterol lowering drugs are the primary way to treat it. But I suggest cardiologists have closed minds and are ignoring facts that could save thousands of North Americans from coronary attack.



Years later Dr. Linus Pauling, two-time Noble Prize winner, is ignored for reporting that large amounts of vitamin C and lysine are needed to prevent coronary attacks. Twenty-five years ago Pauling reported that animals make vitamin C and humans do not. That's why sailors died of scurvy during long sea voyages, but the ship's cat survived.

Vitamin C is required to manufacture healthy collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. Lysine, like steel rods in cement, makes collagen stronger. Pauling claimed it takes a mere 10 milligrams to prevent scurvy, but several thousand to prevent heart attack.

Williams Stehbens, Professor of Anatomy at Wellington University in New Zealand, proved Pauling was right. Stehbens' research showed that coronary arteries closest to the heart are under the greatest pressure. This causes collagen to fracture resulting in the formation of a blood clot and death.

Dr. Sydney Bush, an English researcher, has now proved that vitamin C can reverse atherosclerosis. Bush took retinal photographs, then started his patients on high doses of vitamin C and lysine. One year later additional pictures showed atherosclerosis had regressed in retinal arteries.

So what has happened to these monumental findings? Bush, like Semmelweis, has been ridiculed by cardiologists. One has to ask whether cardiologists, by ignoring his results, are condemning thousands of people to an early coronary heart attack.

Fourteen years ago following my own coronary attack, cardiologists claimed it was sheer madness for me to refuse cholesterol-lowering drugs. Instead, I decided to take high doses of vitamin C plus lysine with breakfast and the evening meal, for several reasons.

I knew that Dr. Graveline, a physician and NASA astronaut, had twice developed transient global amnesia from taking Lipitor. I was also aware that patients have died from CLDs. Others have developed kidney, liver and muscle complications. I also believed the research of Pauling and Stehbens irrefutable. Now, the work of Dr. Bush has convinced me my decision was prudent.

But to take large doses of vitamin C and lysine requires swallowing many pills daily. It's a tall order for those who dislike swallowing one pill. So for several years I've been trying to find a company that would manufacture a combination of vitamin C and lysine powder. Now **Medi-C Plus** is available at health food stores.



The dosage for the **Medi-C Plus** combination is one flat scoop with breakfast and the evening meal. Those at greater risk should take one flat scoop three times a day. If high doses cause diarrhea, the dose should be decreased.

This column does not recommend that those taking CLDs should stop them. This is a decision that can only be made by patients and doctors.

Most of today's, cardiologists are impervious to persuasion. They continue to believe that cholesterol-lowering drugs are the be-all-and-end-all to prevent heart attack. They've been brain-washed by millions of dollars worth of promotion by pharmaceutical companies. It reminds me of the saying that cautions "It's not what you don't know what gets you into trouble, it's the things you know for sure that ain't so!"

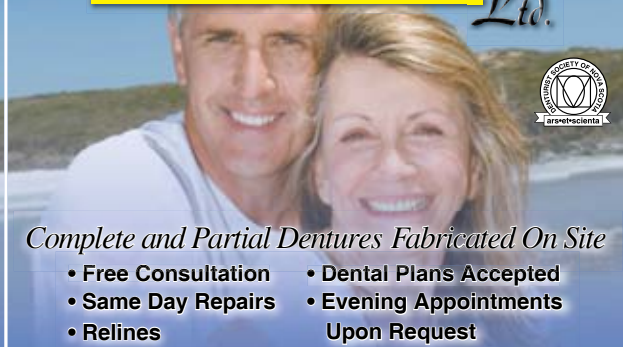
It's time for cardiologists to have an open mind and stop ignoring this research. As for me – I bet my life on it!

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Postal pie!

Through October, post offices across Canada fundraised for Canada Post's The Community Foundation, which provides grants to children's programs. In Kingston, customers purchased tickets to throw a pie in the face of an employee! The winner was Lorne Muirhead, and his target was Muriel West. With a bring and buy table and candy sales, Kingston raised over \$1,850. Pictured are, back row from left, customer Susan Demone, John Gumbley, local area superintendent; post master Louise Harris, Marcia Longley-Caroppi, local area manager. In the front are Muirhead and West. Submitted

Women who Care care for CAPS

**Anna Clark,
Co-chairwoman**

100 Women who Care, a newly formed Annapolis Valley chapter of the Canadian philanthropic organization, had its first gathering October 16 in New Minas. The mission of this chapter, founded by Paula Huntley of Kentville, is to help their communities, charities and local organizations by reaching out and creating new connections.

Twenty local organizations were nominated by mem-

bers, and three finalists were chosen. The Companion Animal Protection Society of Annapolis County (CAPS) was among those finalists invited to the meeting to give a five-minute presentation on its work. The Women who Care then voted on the group to be honoured that night with a \$100 cheque from each member: CAPS was chosen!

At the moment, there are about 20 Women who Care. This will hopefully grow to 100 as the group becomes better known in the Val-

ley. As Huntley explains, "the more members, the more funds are donated. Ultimately, when the chapter membership reaches the goal of 100 women, the charity could receive a \$10,000 donation."

CAPS was honoured and overwhelmed to be chosen by this amazing new group. It is encouraging and uplifting to know the work CAPS is doing with these homeless and abandoned animals in Annapolis County and beyond is known of and appreciated by so many.

You've made our community stronger!



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Spooky stories

The 14 Wing Greenwood Library's Tuesday morning Story Tree group hosted a Halloween-themed party October 29, with great fun had by all listening to spooky stories and making Halloween masks.

Submitted



the Aurora | 14 Wing Greenwood, NS



We have a winner!

Sparky revisited Dwight Ross Elementary last week; this time to congratulate Jonah Taylor from Ms. Crouse's Primary class on winning the Fire Prevention Week coloring contest from 14 Wing Greenwood's fire department. He won a smoke detector and a trip to the fire hall for his class. Congratulations, Jonah!

Submitted



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Be aware of Addictions Awareness

Strengthening the Forces Staff

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Learn how to talk with your kids about alcohol and other drugs, how YOU are a role model and do an on-line "alcohol reality check." Test your knowledge about alcohol, other drugs and gambling addiction and you could win an addictions awareness kit. Check out the link to the RCMP Canadian Champions Celebrity Program – all at www.forces.gc.ca/know-sais.
For more information about the CAF Addiction Awareness Campaign, contact your local

Strengthening the Forces Health Promotion Services team at 765-1494 locals 5388/ 5389, or drop by their 14 Wing Greenwood Fitness and Sports Centre office.

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À cette fin, suivez le lien vers le site du programme des Champions canadiens de la GRC, à l'adresse www.forces.gc.ca/know-sais.
Pour de plus amples renseignements sur la campagne de sensibilisation aux toxicomanies des FC, adressez-vous à votre équipe locale des Services de promotion de la santé Énergiser les Forces, en composant le 765-1494 (postes 5388/ 5389), ou en passant à leur bureau au Centre de conditionnement physique et de sports de la 14e Escadre Greenwood.

flyer delivery

Notice to 14 Wing Greenwood Residential Housing Unit occupants

Weekly delivery of flyer packages is coordinated by Valley Flyer Services.

If you have comments about delivery or need to make arrangements to hold or stop delivery, please contact 902-678-9217.

sudoku

solution page 14

		9						
6	4				2	5		
		5				4	3	9
1					3			
3			5	8			6	
			9					1
	2			5				
	6	4			7			
		3	1				2	

Fun By The Numbers
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Level: Beginner

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patrick's puzzle

solution page 14

LITERARY WORD SEARCH

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O N D W Q T W A J O Y C E U M E T L L E
T I R I Z D L Z B K K U M B O W O L A I
S K A L R P O U E O K Q C D R R L S T I
L H H D E E R S O U K G B A R O K F H C
O S Z E T S G O T C Q O N R I V I Q R C
T T B L S H E N U O I R V B S V E P S H
S E A K I E M R I S E P A H O A N T A E
C V T C W M N I A L T V Y M N T E S U K
A E U A E I N R L E A W S T J I M T S H
Z N G U L N H U Q L P S Z K N L D M T O
N S E O Z G M S M G E S H B Y B I E E V
W O N R F W H H T U M R E D G P G L N O
O N N E I A A D Z C Z C O K O M L S B A
R I O K Y Y L I G U K U P O A I L A W G
B S V I L T K E M N I A W T V H N M D G
E A E N R O H T W A H Q U L L N S U E J
S D I C K E N S S T O K E R K P R D F V
Z S K R A P S R V D W M G J F L O O W A

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horoscopes

Nov 10 - Nov 16

ARIES - Mar 21/Apr 20
Aries, seek the advice of a mentor or confidante when a puzzling situation presents itself this week. Another person's perspective might be all you need to solve this problem.
TAURUS - Apr 21/May 21
Taurus, getting the job done just isn't enough. You always need to get it done to the best of your ability and that's why others find you so reliable.
GEMINI - May 22/Jun 21
Gemini, focus your energy on work this week, as a possible promotion is looming over the horizon. Give work your best efforts, and you will soon be glad you did.
CANCER - Jun 22/Jul 22
Cancer, sometimes the key to success is to know when to step back and recharge. This week, spend some time resting and relaxing, and you will have the energy needed to go forward.
LEO - Jul 23/Aug 23
Leo, you may be looking for something new to occupy your time. Try learning a new sport or language. It will keep your brain sharp and pass the time in a productive way.
VIRGO - Aug 24/Sept 22
Virgo, this week is a great time to stop procrastinating and to get back on track. Figure out a time when you have the most energy, and dive right into the task at hand.

LIBRA - Sept 23/Oct 23
Libra, get behind a cause that will benefit your community. You have been interested in giving back to others, and this week presents a great opportunity to do just that.
SCORPIO - Oct 24/Nov 22
Scorpio, you love to socialize with friends and family, but lately time has been hard to come by. Plan a get-together with friends and family.
SAGITTARIUS - Nov 23/Dec 21
Sagittarius, you can handle difficult situations with ease and your loved ones know it. When such a situation presents itself this week, don't be afraid to take charge.
CAPRICORN - Dec 22/Jan 20
Capricorn, others trust what you have to say and want to follow along with your guidance. Cherish this trust and think carefully before making decisions that affect your loved ones.
AQUARIUS - Jan 21/Feb 18
Aquarius, sort out an ongoing issue that has been compromising your focus at work. Once you clear your mind, you can once again focus on your career.
PISCES - Feb 19/Mar 20
Pisces, you may find yourself spending more time with your social circle than your family in the next few days.

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Classified advertisements, 35 words or less, are \$7 tax included. Additional words are 10 cents each, plus tax. Bold text \$8, tax included.

Classified advertising must be booked and prepaid by 10 a.m. Thursday previous to publication. Payment methods include VISA, MasterCard, AMEX, debit or cash. The Aurora is not responsible for products and/or services advertised. To place a classified, contact 765-1494 local 5440, visit the office, 83A School Road, Morfee Annex, Greenwood; email frontdesk@auroranewspaper.com or fax 765-1717.

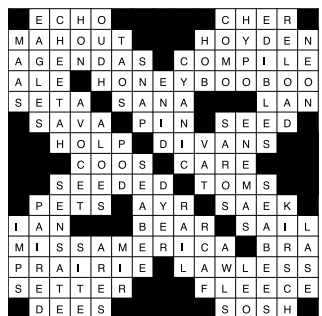
To place a boxed, display ad, contact 765-1494 local 5833; email marketing@auroranewspaper.com.

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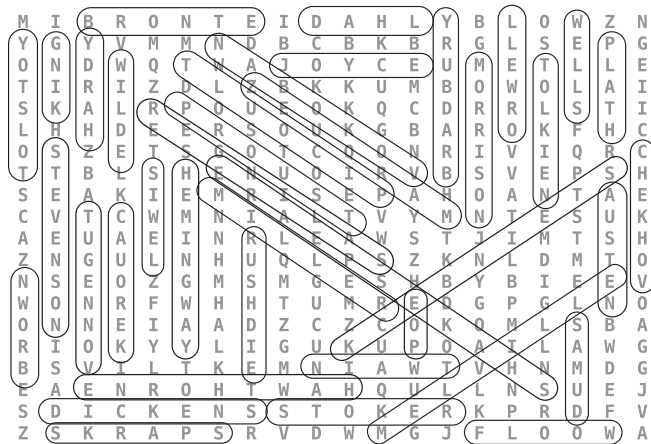
crossword solution



sudoku solution

8	3	9	4	1	5	2	7	6
6	4	7	3	9	2	5	1	8
2	1	5	6	7	8	4	3	9
1	5	6	7	4	3	8	9	2
3	9	2	5	8	1	7	6	4
4	7	8	9	2	6	3	5	1
7	2	1	8	5	9	6	4	3
9	6	4	2	3	7	1	8	5
5	8	3	1	6	4	9	2	7

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FOR RENT - Three Bedroom House 1.5 years old located on one way Street behind Kingston Legion. Downstairs unfinished with walk out. Fridge and stove included washer & dryer hook-ups. Basic cable included. Electric heat. References and security deposit required. \$950.00 per month. Phone 680-2284 for more information. Available December 1st. (3443-2tpb)

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FOR RENT - Two bedroom located on Taylor Drive in Middleton. Fridge, stove, close to schools and shopping. \$550.00 plus utilities. Call Darlene now for viewing. 825-3424 or 840-1780. (3443-3tpb)

FOR RENT - Up to five bedroom spacious house located on a large private lot in Kingston. Main floor one storey with finished basement, Double car garage, large eat-in kitchen including fridge, stove, dishwasher and microwave. Spacious and bright living room, master bedroom complete with ensuite & double closets. Laundry room with washer/dryer hook ups. Snow removal and lawn care provided. Only 5 minutes from CFB Greenwood. Pet friendly, No smoking permitted. Available immediately! \$1100.00 per month plus utilities. Please contact Sue 844-0432. (3442-ufn)

FOR RENT - Large two bedroom apartment in duplex located in North Kingston. Fridge, and stove included, washer/dryer hook-ups. No pets, no smoking. \$625.00 per month nothing included. Phone 242-2465. (3444-ufn)

FOR RENT - Worry free retirement living in Middleton. Two bedroom with garage, paved driveway, snow removal

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FOR RENT - One bedroom apartment with in-law suit. Available now for single quiet person. Apartment is furnished and equipped with in floor heat and located in rural Kingston on the vault road. Rent is \$700.00 per month, includes all utilities (wifi, tv and cable). Call Joe at 765-1898. (3444-ufn)

FOR RENT - Two bedroom, lower level duplex located behind Greenwood Mall. Fridge/stove, washer dryer hook-up, lawn care and snow removal provided. Available end of November \$575.00 per month plus utilities. Call Sue 765-4206. (3443-ufn)

FOR RENT - Two bedroom spacious ground floor apartment in Auburn. Fridge/stove, washer dryer hook-up. Lawn care and snow removal provided. \$500.00 per month plus utilities. Available now. Call Sue 844-0432. (3443-ufn)

FOR RENT - Newly constructed two bedroom duplex located at 2245/2247 Glebe Road, Greenwood. 1150 sq. ft with attached garage. In floor heat, fridge, stove, dishwasher, washer & dryer included. Front and rear private decks on large lot close to back gate for C.F.B Greenwood. Lawn care and snow removal provided. \$950.00 per month. Available Nov 1st, 2013. Call 844-1921 or 242-2230 after 6 P.M. (3440-4tpb)

FOR RENT - Two bedroom apartment located in Greenwood. Fridge and stove included, washer/dryer hook-ups. References and damage deposit required. \$550.00 plus utilities. Phone 847-0111. (3443-3tp)

FOR RENT - Semi-detached home for adult living in Aylesford. Rent is \$775.00 plus utilities. Two Bedroom

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LAND FOR SALE - 3.5 acres of land at Waterloo Lake not on the lake. Treed, close to railway line 13,000 serious inquiries only please. Call 825-3607. (3435-ufnb)

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FOR SALE - Four cords of poplar, cut, split and dry. \$150.00 per cord. Must be picked up in Nictaux. One airtight woodstove, suitable for cottage or camp \$100.00. Phone 825-0562. (3443-tp)

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CHURCH SERVICES

CHURCH SERVICE - "The Peoples 25:40 Church" There will be a church service held every Sunday at the New Beginnings Centre 1151 Bridge Street Greenwood provided by Pastor Leon Langille. Pre Service music at 2:50 pm. Service 3:00 pm. Doors will open at 2:30 pm. All are welcome. (3438-4ufn)

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Set Your Sights on healthy eating

Brought to you by
Strengthening the Forces, an initiative of CF Health Services, in partnership with CF Food Services

When you head to the 14 Wing Greenwood Annapolis Mess in November, Set Your Sights on Healthy Eating!

The Set Your Sights on

Healthy Eating program helps you recognize the food choices lower in fat and sodium, and higher in fibre. You will find nutrition messages posted near the salad bar, steam table, beverages and desserts, etc. These will give you some cues to choosing lower fat and higher fibre foods. Table-top messages will be displayed in the dining

room to provide more detailed information on food and nutrition issues.

The four program principles are based on Canada's Guidelines to Healthy Eating. Integrating the use of recipes that conform to these principles will help you apply the 'healthier choice' component of the "Choice and Quantity" Standards:

- Decreased total fat, particularly saturated fat and trans fat.
- Unsaturated fat used whenever possible.
- Increased dietary fibre.
- Decreased sodium (salt).

For fibre content, try to incorporate dietary fibres in your recipes as suggested in recipe notes and aim for four grams

per portion.

A recipe, to be identified with the sight symbol and be called a healthier choice, needs to comply with:

- all the following elements, not only one of them:
- Contain less than 400 Kcal per portion (portions are based on D Foods portion size standards);

- A maximum of 15 grams of fat per portion (a ratio of 10 grams of unsaturated fat for five grams of saturated fat if possible);
- A maximum of 600 milligrams of sodium per portion.

For information contact the Health Promotion's Office at 765-1494 local 5388/ 5389.

Visez juste – Mangez santé

Offert dans le cadre du programme *Énergiser les Forces, il s'agit d'une initiative des Services de santé des FC en partenariat avec les Services alimentaires des FC*

Que vous vous rendrez au mess Annapolis de la 14e Escadre en novembre, visez juste et mangez santé!

Le programme Visez juste - Mangez santé vous aide à reconnaître les choix alimentaires faibles en gras et en sodium et à forte teneur en fibres. Vous trouverez des capsules nutrition affichées notamment près du

buffet à salades, de la table à vapeur, des boissons et des desserts. Ces capsules sont là pour vous guider et vous aider à choisir des aliments faibles en gras et à forte teneur en fibres. Par ailleurs, des messages seront posés sur les tables de la salle à manger pour vous donner des renseignements plus détaillés sur les aliments et la nutrition.

Les quatre principes du programme, qui reposent sur les Recommandations alimentaires pour la santé des Canadiens et des Canadiennes, ont facilité le choix de recettes standardisées

pour le programme. L'intégration de recettes qui respectent ces principes dans votre alimentation vous permettra de choisir la meilleure option pour votre santé parmi les normes relatives au choix et à la quantité:

- Réduire la quantité de gras, en particulier les gras saturés et les gras trans.
- Consommer, le plus possible, des acides gras non saturés.
- Augmenter la consommation de fibres.
- Diminuer la quantité de sodium (sel).

Pour la teneur en fibres, es-

sayez d'incorporer des fibres alimentaires à vos recettes comme le suggèrent les notes de recette en ayant pour objectif 4 g par portion.

Pour obtenir le symbole du programme et arborer la garantie d'un choix santé, une recette doit respecter toutes les

exigences suivantes :

- moins de 400 kcal par portion (les portions sont calculées en fonction des normes sur la taille des portions des aliments D);
- un maximum de 15 g de gras par portion (un ratio de 10 g d'acides gras non saturés

pour 5 g de gras saturés, dans la mesure du possible);

- un maximum de 600 mg de sodium par portion.

Pour obtenir des renseignements, communiquez avec le bureau de promotion de la santé au 765-1494, poste 5388/ 5389.

Winners of the Aurora Newspaper's Halloween colouring contest sponsored by Connell Chrysler



Craig Leaman,
Kingston • Age 1-3

Isaiah Vallillee,
Wilmot • Age 4-6

Emma Sarazin,
Greenwood • Age 7-9

Winners received a \$25 A&W gift card



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13-266B	1995	CELICA GT CONV	BLACK	4	A	AC,PW,PDL,CRU	113000 M	10750		
11-430B	2006	BMW 325Xi	GREY	6	6	LOADED	150000	15000	199	
12-394A	2007	CAMRY HYBRID B	GREEN	4	A	LEATHER,S/ROOF	86000	15000	159	
13-385A	2007	CAMRY LE AA	GREEN	4	A	AC,PW,PDL,CRU	89000	12000	129	
14-20A	2007	CAMRY SE V6	GRAY	6	A	AC,PW,PDL,CD	56000	14000	149	
13-13A	2008	COLORADO LT Z71	DBLUE	5	A	4X4,EXT CAB,AC	84000	15000	159	
13-353B	2008	ACCENT GL 2DR	BLACK	4	5	H/B,AC,PW,PDL	48000	8000	88	
13-395A	2008	KIA RONDO EX	GREY	4	A	AC,PW,PDL,CRU	78000	10000	109	
13-453A	2008	TUNDRA DBLCAB	BLACK	8	A	5.7,LIMITED	131000	22000	235	
14-19A	2009	YARIS 5DR H/B	GREY	4	5	LE,AC,PW,PDL	52000	10000	109	
13-24A	2009	C	VENZA V6 AWD	GREEN	6	A	PREMIUM,S/ROOF	60000	22500	239
13-295A	2009	COROLLA CE CA	BEIGE	4	5	AC,PW,PDL,CRU	87000	11000	119	
U1919A	2009	WRANGLER UNLTD	DGREEN	6	A	X,AC,PW,PL,CRU	90000	18000	189	
14-25A	2009	CAMRY LE AA	GREEN	4	A	AC,PW,PDL,CRU	97000	13000	139	
13-220A	2010	CAMRY LE BA	GREEN	4	A	AC,PW,PDL,CRU	87000	16000	148	
13-368A	2010	C	COROLLA SPORT	RED	4	A	AC,PW,PDL,CRU	30000	14000	129
14-45A	2010	C	COROLLA LE AA	SILVER	4	A	AC,PW,PDL,CRU	66000	14000	129
14-37A	2010	C	RAV4 LIMITED	BLIZZRD	4	A	4WD,LTHR,S/RF	39000	22000	199
14-43A	2010	C	COROLLA CE CA	SILVER	4	5	AC,PW,PDL,CRU	60000	13000	119
14-71A	2010	C	MATRIX TOURING	DBLUE	4	A	AC,PW,PDL,CD	50000	14000	129
14-48A	2010	C	COROLLA CE CA	SILVER	4	A	AC,PW,PDL,CRU	40000	13500	125
13-452A	2010	C	COROLLA CE CA	RED	4	A	AC,PW,PDL,CRU	58000	13000	119
14-46B	2010	C	COROLLA LE BA	GREY	4	A	S/R,AC,PW,PDL	47000	15000	139
13-317A	2010	C	TUNDRA DBLCAB	SILVER	8	A	4WD,SR5,AC,PW	63000	25000	229
14-23A	2010	C	COROLLA LE AA	WHITE	4	A	AC,PW,PDL,CRU	48000	14000	129
13-276A	2011	C	PRIUS HYBRID A	BLUE	4	A	AC,PW,PDL,CRU	23000	23000	185
13-288A	2011	C	RAM1500DCAB4X4	RED	8	A	AC,PW,PDL,CRU	75000	21500	175
13-179A	2011	C	COROLLA CE BA	RED	4	5	AC,PDL	34600	15000	123
13-365A	2011	C	RAV4 V6 LTD	RED	6	A	4WD,LTHR,S/R	79000	24000	195
13-89B	2011	C	SENTRA	SILVER	4	A	AC,PW,PDL,CRU	69000	12000	99
13-382A	2011	C	AVEO LT 5DR	RED	4	A	SPORT,AC,PW,PL	35000	11000	89
13-398A	2011	C	CAMRY XLE V6	WHITE	6	A	LEATHER,S/ROOF	51000	24000	195
13-400A	2011	C	PATRIOT NORTH	GREY	4	A	4WD,AC,PW,PDL	33000	19000	155
13-103A	2011	C	VENZA V6	SILVER	6	A	LEATHER,S/ROOF	42000	23000	185
13-373A	2011	C	RANGER XL	DBLUE	4	5	2WD,CD,CAP	24000	11000	89
12-74A	2011	C	SIERRA EXTCAB	BLUE	8	A	4WD,SL NEVADA	27000	20000	159
U1912	2012	C	MUSTANG BOSS	WHITE	8	6	302,AC,PW,PDL	13000	38000	299
14-69A	2013	C	COROLLA CE CA	GREY	4	A	AC,PW,PDL,CRU	15000	16000	29

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2010 ----- 72 MO. • 2011 – 2012 ----- 84 MO.

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- * 13-179A 5 YR – 100,000 EXT.WARR/ IN-SERVICE SEP. 28/11
- * 13-365A 6 YR – 120,000 EXT.WARR/ IN-SERVICE MAR. 30/11
- * 13-220A 4 YR – 100,000 EXT.WARR/ IN-SERVICE DEC. 17/09
- * 13-368A 6 YR – 160,000 EXT.WARR/ IN-SERVICE OCT. 20/10
- * 14-71A 5 YR – 100,000 EXT.WARR/ IN-SERVICE MAY 08/10
- * 13-452A 4 YR – 100,000 EXT.WARR/ IN-SERVICE JUL. 02/10
- * 14-46B 4 YR – 100,000 EXT.WARR/ IN-SERVICE MAR. 29/10
- * 13-317A 5 YR – 120,000 EXT.WARR/ IN SERVICE OCT. 26/10
- * 14-23A 4 YR – 100,000 EXT.WARR/ IN-SERVICE MAY 26/10

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CAF sports best from 14 Wing

Greenwood athletes took top honours at the 2013 Canadian Armed Forces Sports Awards ceremony October 25 in Ottawa.

14 Wing's Captain Heather Smith, representing the Royal Canadian Air Force as top female athlete, took the overall CAF female athlete of the year honours. Smith represented success

in multiple sports throughout the past year, leading the base hockey team to a 2012 national title, winning gold at the 2012 World Pond Hockey Championships in New Brunswick and winning the women's division of the Crashed Ice Halifax Red Bull event. In summer sports, she was captain of the 14 Wing

slo-pitch team and had the top women's time at the CAF regional triathlon.

In Team of the Year (collective sport), the 2012 undefeated 14 Wing Greenwood women's hockey team continued their roll: unmatched on the ice for the 2012 regional and national titles, and now the CAF team of the year title. Team members Captain Dawn Macauley, Lieutenant Serena Palmer and Master Corporal Lindsay Williams represented the team at the ceremony, with Smith also present.

Sergeant Alain Chalifoux of 14 Wing represented the RCAF in the CAF male athlete running, and

CAF Sports Honour Roll and Hall of Fame honourees were inducted, along with awards for coaches, officials and others. The CAF Sports Program, organized by the PSP division of Canadian Forces Morale and Welfare Services, promotes fitness and good health within military communities, contributing to the CAF's mandate of operational readiness.



While in Ottawa for the Canadian Armed Forces Sports Awards Ceremony, 14 Wing Greenwood fitness and sports director Fred Williams, right, received a national Personnel Support Program Certificate of Merit, recognizing 34 years of military and civilian commitment to fitness and health, his role in the 2012 CF Health and Fitness Award for 14 Wing and the base's successful hosting of the national volleyball championships in 2012. Greenwood PSP manager Mike Taylor congratulated Williams upon his return home.

S.Keddy



14 Wing Greenwood's women's hockey team representatives, receiving the Canadian Armed Forces team-of-the-year award from Commodore Mark Watson, Director General Canadian Forces Morale and Welfare. From left are Captain Heather Smith, Master Corporal Lindsay Williams, Captain Dawn Macauley and Lieutenant Serena Palmer. DND



Captain Heather Smith, receiving her Canadian Armed Forces female athlete of the year award from Personnel Support Program vice-president Peter Atkinson. DND



Warrant Officer Alain Chalifoux, left, receiving his RCAF award as male athlete of the year from Major-General R.D. Foster. DND

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